

CLAIMS: *The following is a listing of all claims in the application with their status and the text of all active claims.*

1. (CURRENTLY AMENDED) An exercise collar comprising:
 - a flexible cylindrical enclosure defining an interior volume and having a substantially circular cross section, the enclosure for encircling the neck with a first and a second end surfaces of the enclosure extending in a direction toward a front of a wearer's body;
 - a first and a second handle supported proximate at the first and the second end of the enclosure, said first and second handle each facing in a direction forward of the user and comprising rod-like members of substantially circular cross-section formed from hard, substantially rigid material;
 - a closable opening formed in the enclosure for receiving ballast material within the enclosure to add weight to the enclosure; and
 - the enclosure having a relatively flat configuration in the absence of ballast material and having the cylindrical configuration when the ballast material is present therein, the enclosure further having an indicia representative of a weight of the collar.
2. (CURRENTLY AMENDED) The exercise collar of claim 1 wherein a material of the enclosure comprises a flexible material such that the exercise collar is wrapable around a neck of the user for resting on shoulders of the user when the user is erect, and wherein said handles ~~face in a direction forward of the user~~ are molded- or built-in to said enclosure.
3. (ORIGINAL) The exercise collar of claim 1 wherein a length of the enclosure is related to a desired weight for the exercise collar.
4. CANCELED

5. (PREVIOUSLY PRESENTED) The exercise collar of claim 1 wherein a diameter of the substantially circular cross-section enclosure is related to a desired weight for the exercise collar.
6. (ORIGINAL) The exercise collar of claim 1 wherein a material of the enclosure is substantially non-porous to liquids.
7. (ORIGINAL) The exercise collar of claim 1 wherein a weight of the exercise collar is determined by a quantity and a density of the ballast material.
8. (ORIGINAL) The exercise collar of claim 1 wherein the enclosure is contoured to fit around a user's neck.
9. (ORIGINAL) The exercise collar of claim 1 further comprising a cap for removably closing the opening.
10. (ORIGINAL) The exercise collar of claim 1 wherein the opening is disposed on an upper surface of the enclosure.
11. (ORIGINAL) The exercise collar of claim 1 further comprising a plurality of closable openings.
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13. CANCELED
14. (CURRENTLY AMENDED) The exercise collar of claim ~~43~~ 1 wherein the first and second handles comprise elongated members.
15. (CURRENTLY AMENDED) The exercise collar of claim ~~43~~ 1 wherein each of the first and the second handles comprises a closed curved member.

16. CANCELED.

17. (WITHDRAWN) A portable storage rack for a curved exercise collar, comprising:

A plate for supporting the exercise collar;

A frame attached to the plate and extending downwardly therefrom; and

Wheels attached to the frame.

18. (WITHDRAWN) The portable storage rack of claim 17 wherein the plate comprises a curved plate having a curvature corresponding to the curvature of the curved exercise collar.

19. (WITHDRAWN) A storage rack for a curved exercise collar, comprising:

A vertical trunk member; and

Elongated members affixed to and extending substantially laterally from the trunk member for supporting an exercise collar.

20. (WITHDRAWN) The storage rack of claim 19 wherein the elongated members are selected from between substantially flat plate members and rib members.